

Creme de Menthe Parfait

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Three Sisters Cookbook - Alexander City, AL

Servings: 5

1 quart vanilla ice cream, softened
1 pint lime sherbet, softened
4 1/2 ounces Cool Whip, thawed
1/4 cup creme de menthe
stemmed cherries (optional)

In a blender, combine all of the ingredients until thoroughly mixed.

Spoon into six to eight parfait glasses.

Place the glasses in the freezer for three to four hours or longer.

To serve, top with Cool Whip.

Add a stemmed cherry, if desired.

Per Serving (excluding unknown items): 371 Calories; 13g Fat (33.5% calories from fat); 5g Protein; 55g Carbohydrate; trace Dietary Fiber; 50mg Cholesterol; 122mg Sodium. Exchanges: 2 1/2 Fat; 3 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	371	Vitamin B6 (mg):	.1mg
% Calories from Fat:	33.5%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	61.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.1%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	13g	Folacin (mcg):	8mcg
Saturated Fat (g):	8g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	50
Cholesterol (mg):	50mg	% Refuse:	n n%
Carbohydrate (g):	55g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	5g	Lean Meat:	0

Sodium (mg): 122mg
Potassium (mg): 286mg
Calcium (mg): 178mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 492IU
Vitamin A (r.e.): 134 1/2RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 3 1/2

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 371 **Calories from Fat:** 124

% Daily Values*

Total Fat	13g	20%
	Saturated Fat 8g	40%
Cholesterol	50mg	17%
Sodium	122mg	5%
Total Carbohydrates	55g	18%
	Dietary Fiber trace	2%
Protein	5g	

Vitamin A	10%
Vitamin C	7%
Calcium	18%
Iron	1%

** Percent Daily Values are based on a 2000 calorie diet.*